



Vol. 46, No. 15 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, April 22, 2005

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# Housing gets facelift

## Millions of dollars to be invested into base family quarters through 2009

By Airman 1st Class Katie Thomas  
Editor

East housing residents can start saying goodbye to their 1970s abodes.

The 374th Airlift Wing is investing tens of millions of dollars into its on-base family quarters to renovate outdated interiors and install central air, said the base housing officials.

The five-phase project will bring housing into compliance with Air Force-mandated standards and ensure that all base housing will be up to par for at least the next two to three decades, said Dee Green, deputy housing officer with the 374th Civil Engineer Squadron.

"Kitchens will have all-oak cabinets and there will be wall-to-wall carpeting, except in the kitchen and bathrooms," said Ms. Green.

"Central air will also be installed so that residents no longer have to use heating registers or window-mounted air conditioning units," she explained.

Renovations also include outfitting garden houses with back patio awning, remodeling washer and dryer corners, installing new appliances, and replacing water and electrical lines.

Residents who call home Bldgs. 4504-4536, 4540, 4819, 4823, 4825, 4829 and 4831 will be affected by the next phase of the project. Families can choose to move into a tower unit immediately or request another garden unit, said Ms. Green.

"We have plenty of housing available on-base so families can either move right into a tower or they can try for a garden house, however we have very limited amounts of garden houses available," she explained.

"We will consider each request on a case-by-case basis because we know that pets will also be playing a part their requests."

Three towers currently allow cats however dogs are only permitted at garden houses with fences.

Affected residents are asked to ensure that they resubmit housing

applications to help the office reassign housing that is adequate for family sizes, said Ms. Green. Families should keep in mind that the housing office is authorized to assign housing according to availability and family-size specifications. The office is considering requests but will assign housing per Air Force Instruction, she explained.

The renovations are concentrated in the east housing area however some units in the north and west housing areas will also be affected. Each phase of the renovations will take one year and cost \$16 to \$50 million. The renovations are funded by the U.S. government.

The housing office is holding a townhall meeting about the housing renovations at the base theater Wednesday at 2 p.m. All base housing residents are invited to attend the meeting and consult with housing office representatives.

For more information about the renovations, call the housing office at 225-8636.

### Man or chemical suit?



photo by Staff Sgt. Valda Wilson

**Assistant Police Inspector Mochizuki Takeshi assists 1st Sergeant Hiroaki Matusmura adjust the chemical protection suit. They responded to an exercise scenario at Tama Hills Recreation Center during Yokota's Full Spectrum Threat Response Exercise Tuesday. Assistant Police Inspector Mochizuki Takeshi and 1st Sergeant Hiroaki Matsumura are assigned to the Tama Chuo Police Station. Yokota personnel and the Ingai City Fire Department trained on how to respond to a major earthquake and a chemical spill during the exercise.**

# Military's top Catholic priest holds mass at base

## Archbishop commends chapel communities, stresses tolerance

By Airman 1st Class Katie Thomas  
Editor

The archbishop of U.S. military services paid a visit to Yokota's Catholic community and base senior leadership Sunday and Monday.

Archbishop Edwin O'Brien encouraged and commended servicemembers, thanking them for their continual sacrifices for their country and faith.

"Our young men and women are willing to give their lives for total strangers, and to be able to do that is a very Christian thing," said the archbishop, who visits the region every three years. "Nobody else would be doing what you are doing in uniform if not for the sacrifice of the cause of

peace. It can be a very noble vocation if that is the motivation with which we go about our work everyday, and I am encouraging our people to do just that."

The archbishop is visiting Pacific Command bases spanning from Hawaii to Alaska through the end of April.

Archbishop O'Brien also commented on the strength of the Catholic communities in the military, saying that lay involvement has been pivotal in recent times.

"We are very short of Catholic chaplains, as most people know," he explained. "We should have 800 worldwide and we have under 400. It has really brought out the best in our Catholic people. I find, in almost every instance, one of the first moves that families make when they come

to a new installation is to find the chapel, find the chaplain and say, 'What can I do?'"

The archbishop, who took on his present position in 1997, said that chaplains hold a very significant place in the military community by communicating and showing by example the dignity due to every human being.

"It is something that we take for granted, and it is something that our American and military chaplains realize when they insist that there be chaplains in the military, to remind everyone of the dignity of every human being whether they have done right or wrong or whatever their rank is," he explained. "We are all due the respect that God has for us. So I think the chaplains have a vital role to play. I am so pleased when I speak with commanders, officers and noncommissioned officers to see their desire to instill values in those who are serving and to show that they do value those who are serving."

He also commented on the community's opportunity to interact with the Japanese, asking people to share their faith by example and respect for the host nation's culture.

"I think the Japanese culture is a very rich culture," he said. "I think there is a hungry for a fully experience of God in their lives. It is not something we can or should try to force on them; we should respect them for their culture and what they stand for. We should be ready to show, especially by example, the values that we bring here as Christians such as self-sacrifice in imitation of Christ, of respect for them, and a willingness to serve them."

The archbishop and the Archdiocese for the Military Services, USA, serve the millions of active-duty servicemembers and their family members stationed across the world.

(Additional information from <http://www.milarch.org>)

## MDG seeks out customer feedback

The 374th Medical Group wants your ideas and opinions.

Col. Mark Presson, commander of the 374th Medical Group, has expanded the unit's efforts to get customer feedback by establishing new phoneline and e-mail avenues for comments.

The 374th MDG's commander line can be reached at 225-4719. The line allows customers to record a message either anonymously or by leaving a name and number so they can be contacted with a response.

The new 374 MDG customer service e-mail is [374mdg.cs@yokota.af.mil](mailto:374mdg.cs@yokota.af.mil).

Phone and e-mail messages will be monitored daily and reported to the group's executive staff.

"We know we do many things very well but we are always looking for ways to improve," said Colonel Presson. "I want to make it very easy for our customers to tell us what they like and what they don't like."

(Information provided by 374th Medical Group)

# Organizational excellence list released

RANDOLPH AIR FORCE BASE, Texas – The Secretary of the Air Force Personnel Council recognized the following units as 2004 Air Force Organizational Excellence Award winners during the specified periods of time.

**Headquarters, Air Education and Training Command** – Oct. 1, 2002 to Sept. 30, 2004

**Headquarters, Air Force Special Operations Command** – Jan. 1, 2002 to Dec. 31, 2004

**Headquarters, United States Air Forces in Europe\*** – July 1, 2002 to June 30, 2004

**Air Force Safety Center** – July 5, 2002 to July 4, 2004

**Headquarters, Air Force Deputy Chief of Staff, Plans and Programs** – Aug. 3, 2002 to Aug. 2, 2004

**Office to the Administrative Assistant to the Secretary of the Air Force** – Oct. 1, 2002 to Sept. 30, 2004

**Office of the Air Force Inspector General** – Oct. 1, 2002 to Sept. 30, 2004

**Headquarters, Air Mobility Command\*** – June 1, 2002 to May 31, 2004

**Air Force Studies and Analyses Agency** – July 1, 2002 to June 30, 2004

**European, Middle Eastern**

**and African Personnel Exchange Program** – Sept. 1, 2001 to Aug. 31, 2003

**Peace Vector III** – Aug. 1, 2002 to July 31, 2004

**Headquarters, Air Force Deputy Chief of Staff, Warfighting Integration** – Oct. 1, 2003 to Sept. 30, 2004

**Headquarters, Air Force Deputy Chief of Staff, Installations and Logistics** – Oct. 1, 2002 to Sept. 30, 2004

**Secretary of the Air Force Office of Public Affairs** – Sept. 1, 2002 to Aug. 31, 2004

**Headquarters, Air Force Security Forces Center** –

Oct. 1, 2002 to Sept. 30, 2004.

Airmen assigned to the above units identified with an asterisk must contact their parent organizations to verify if their units are allowed to share in the award. Those Airmen assigned to these units during the specified periods are authorized to wear the Air Force Organizational Excellence Award ribbon.

Approved unit awards will be updated at the AFPC Web site at <http://www.afpc.randolph.af.mil/Awardsnet/SearchUnitAwards.aspx>.

Contact the base Military Personnel Flight at 225-7228 for more information.

(Courtesy of AFPC)

**Feb. 22** – Benjamin Robert Tart, 8-pound, 3-ounce son of Emily and Nate Tart.

**Feb. 22** – Lourdes Marie Torres, 6-pound, 5-ounce daughter of Samantha and Joey Torres.

**Feb. 24** – Christopher Edward Burroughs, 9-pound, 10-ounce son of Michiko and Greg Burroughs.

**Feb. 28** – Landon Dean Schaefer, 8-pound, 15-ounce son of Tanya and Ian Schaefer.

**March 3** – Ingrid Catalina Orozco, 7-pound, 8-ounce daughter of Johanna and Juan Orozco.

**March 7** – Audrey Reina Griswold, 7-pound, 2-ounce daughter of Mayumi and Tarin Griswold.



**March 9** – Kamari Michelle Johnson, 6-pound, 14-ounce daughter of Michelle Hayward and Carmarius Johnson.

**March 14** – Aaliyah May Lay, 8-pound, 2-ounce daughter of Hollie and Aaron Lay.

**March 20** – Emma Abigail Oakley, 9-pound, 4-ounce daughter of Megan and Robert Oakley.

**March 22** – John "Jack" David Ouellette, 8-pound, 3-ounce son of Rachel and Chris Ouellette.

**March 22** – Sora Travis Walker, 7-pound, 3-ounce son of Kazumi and Robert Walker.

**March 28** – Annie Paige Owens, 9-pound, 2-ounce daughter of Laura and Brian Owens.

**March 30** – Reign-Charles M. Rodriguez, 10-pound, 7-ounce son of Regina and Carlos Rodriguez.

**April 1** – Amallah Zella Burke, 7-pound, 2-ounce daughter of Tomika Thompson-Burke and Andy Burke.

**April 1** – Brody Preston Troutt, 8-pound, 12-ounce son of Autumn and Aaron Troutt.

## Brain Injury Center treats new affliction for war on terrorism: WASHINGTON (AFPN) – Land mines, rocket-propelled grenades and improvised explosive devices are taking their toll on deployed U.S. troops' bodies. What is not as easily recognizable is the damage these weapons are doing to servicemembers' brains.

Traumatic brain injury, or TBI, is becoming an increasingly common affliction of the war on terrorism. It is affecting servicemembers with injuries ranging from mild concussions to unconsciousness or coma, said doctors at the Defense and Veterans Brain Injury Center here at Walter Reed Army Medical Center here.

Improved body armor "is doing a wonderful job of saving lives" and reducing the rate of internal injuries on the battlefield, said Dr. Louis French, a neuropsychologist at the center.

## NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at [www.af.mil](http://www.af.mil)

**PACAF Command Chief shares views:** HICKAM AIR FORCE BASE, Hawaii – Dedication, hard work, rolling up his sleeves helping and working with Airmen represents the character of the new Pacific Air Forces Command Chief Master Sergeant.

Chief Master Sgt. Rodney McKinley, a native of Ohio who grew up in a farming community, said he'll spend some time getting to know the command and the mission, but plans to visit with the 55,000 men and women across PACAF.

"I sincerely care about the lives and well-being of the Airmen in the command," the Chief said as he was reflecting on the Airmen spread across PACAF's 16 time zones.

As the Chief explained in a calm demeanor, he's "humbled" to be able to represent the Airmen.

pabilities earned a large vote of confidence from the Commander of Pacific Air Forces during a National Space Symposium presentation April 7.

General Paul V. Hester detailed how his Airmen rely on space forces each day in a theater which spans 16 time zones. The Pacific covers "half the world's surface. Most is covered with water, but 100 percent of it is covered by air and space," the general said.

"[Space] is a capability all of us need. It's how we will shape the U.S. presence in the Pacific for the next several years and we apply it to daily operations as we see them today," said the 34-year Air Force veteran.

More than 60 percent of the world population resides in the Pacific, speaking 1,000 different languages.

# AD

# Base ups recycling rates during April

## CE celebrates Earth Day, success of pilot program

By Airman 1st Class Katie Thomas  
Editor

The 374th Civil Engineer Squadron's environmental flight is seeing the fruits of their efforts on Earth Day today.

The flight is celebrating a three percent increase in on-base recycling efforts since January, said Yuki Inoue, environmental specialist.

They are also celebrating the success of a pilot program tested November 2004 through December 2004 that called for aerosol cans to be separated from other non-burnable and non-recyclable trash. The program collected the cans in marked drums in base housing areas and at a central collection point near Bldg. 955.

Yokota's recycling program

relies upon community members recycling and segregating their trash, she said. On-base residents are asked to separate recyclables, paper products and non-recyclables then place the items into clear trash bags. Contracted trash services pick up on-base trash and further segregate trash.

Ms. Inoue said that the recycling program here and reducing unnecessary waste are very important because it has a direct effect on how U.S. government tax dollars are used. The more trash that the base produces which must be incinerated, the more money that goes to paying

for trash disposal. Recycling and reducing unnecessary waste save tax-payer dollars, and also help preserve the environment, she said.

Household hazardous waste is disposed of at collection points across base. Automotive liquids and items can be brought to the Auto Skills Center, small batteries can be dropped off at the Yokota Community Center, and automobile batteries are disposed of at the base exchange garage.

For more information about the base recycling program or other environmental questions, call 225-5440.

## Free concerts hosted by chapel

By Airman 1st Class Katie Thomas  
Editor

The Yokota community will be treated to two free concerts soon.

Each concert is hosted by the base chapel and features Christian bands Luminous and FFH, or Far From Home.

The Hawaii-based band Luminous will perform at the East Chapel Saturday at 7 p.m. The band's music is focused on encouraging faith and joy in youth and relationships, said Chaplain (Maj.) Thomas Elbert, the acting wing chaplain.

FFH is set to perform at Hangar 15 Wednesday at 6:30 p.m. The band brings a message of hope and encouragement, and has a wide appeal for youth and families, said the chaplain. This performance is part of a Japan-wide tour by the band that also includes military bases in Korea such as Kunsan and Osan Air Bases.

Deployed Wing Chaplain (Lt. Col.) Gary Linsky promoted the idea for the Christian concerts, which are the first to be held here, said Chaplain Elbert.

For more information, call 225-7009. To learn more about FFH, visit <http://www.ffh.net>. To learn more about Luminous, visit <http://www.ignitednations.com>.

## Congrats to the 2005 UMUC grads

**Congratulations to the following Yokota community members who received an Associates of Arts:** Baddorf, Zachary; Bailey, Brittinni; Bendel, Dorothy; Bernhannan, Tyrone; Boone, Nukesha; Born, Kelly; Boyle, Ian; Carter, Robert; Carter, William; Crousser, Christopher; Dixon, James; Finney, Felicia; Foster, Stephen; Hampton, Jerry; Hampton, Victoria; Harris, Cristal; Hartwell, David; Hewett, Courtney; Hojo, Takenori; Lawson, Brandon; Lightbourn, Kendra; Loss, Ilene; Miller, Karen; Nance, Donita; Ordana, Richard; Raggett, Brittney; Sims, Adolphus; Stott, Tina; Tanaka,

Hiromi; Tanoue, Mark; Todd, Jason; Tuck, Chreryl; Walker, Lisa; and Yoder, Dean.

**Congratulations to the following Yokota community members who received a Bachelors of Arts and Science:** Alfaro, Catherine; Baza, Sheryl; Beasley, William; Beebe, Matthew; Benjamin, Francisca; Biller, Jessica; Brown, Keiko; Cabrillas, Manuel; Carter, William; Ceniza, Wayne; Cielo, Elizabeth; Conklin, Patrick; Daubert, Mary; Davis, Arlene; Deabreu, Neil; Dicapua, Matthew; Dipaulo, Karen; Dixon, James; Espanol, Christian; Ezzell, Jennifer; Finney, Felicia; Gazell, Eric; Gilbert, David; Hammond,

Silvia; Herbert, Samuel; Hogg, Jordon; Marshall, James; King, Jeffrey; Leonardis, Jason; Lewis, Daniel; May, Michael; Medeiros, Mena; Miller, Jared; Miller, Karen; Mitchell, Kevin; Modde, Mark; Ohgi, Noriko; Patton, Marivic; Reyes, Anthony; Rosemier, Stephen; Sais, Vickie; Sanchez, Quentin; Santana, Albert; Savell, Kenneth; Sernarojas, Alexander; Seshimo, Chieko; Sims, Adolphus; Sims, Christina; Smith-Ford, Chresten; Stepp, Concepcion; Stepp, Joshua; Thomas, Mia; Thomas, Kristopher; Tuck, Cheryl; Ulibarri, April; Vasquez, Sonyia; Villalobos, Juan; Vitarbo, Sharon; and Walker, Lisa.

AD



# What a waist! AMDS commander gives skinny on 'round' numbers

By Col. H. J. Ortega  
374th Aerospace Medicine Squadron

As an old Air Force doctor, I've seen the service change its mind regarding fitness testing several times.

And I began thinking that some of you might like a quick history of why the test is the way it is and how we arrived at today's fitness test.

I joined way back when we had a 1.5 mile run. Back then, you could "get out" of testing by asking the doctors for "no running" profiles. That helped keep some of us out of trouble with that program, but we also had another snag to watch out for – the Weight Management Program (WMP). How many of you have heard "I'm a weight lifter and I have to get taped every year?," or, "Why don't you have a scientific measure that relates to poor health?"

So, we worked on something better and safer.

We transitioned to the "bike test" – cycle ergometry. A much more scientific test, it quantifies how much oxygen your circula-

tory system can provide and reduces the risk of "dropping dead" during the run. But it required more expertise, equipment and finesse.

People still tried to avoid testing with profiles but they had a new excuse – the test isn't accurate. You've probably heard this (or some variant) more than once: "This guy runs marathons and he couldn't pass that test!"

Now usually a trained, competent exercise physiologist can get a valid test, but perhaps our fitness assessment monitors didn't have enough expertise to do so in highly-trained athletes. But overall, it worked reasonably well for the average Airman.

More scientific, as requested, but still there were complaints. And some felt that it wasn't a "manly enough" test.

You can't please everyone.

Meanwhile, the medical world was working hard to quantify the health risks associated with the growing epidemic of obesity.

Clearly, being overweight isn't healthy. But what measure works best to predict that? And

for which diseases? Body mass index has some of the same problems that our WMP dealt with every day. Muscular people are heavier inch for inch, but not necessarily less healthy.

Many different researchers have now identified a measure that works as requested – waist size. Yes, simply the size of your pants.

The American Journal of Clinical Nutrition recently published findings from the Harvard Health Professionals Follow-Up Study with a data set of 27,270 men tracked over 13 years. Approximately 80 percent of men in the study who developed type 2 diabetes had a BMI of less than 25 (the cut-off for being overweight) but half had a waist circumference of 40 inches or higher. Of all the new diabetics, only one fifth had "fat" BMIs while half had "fat" abdominal circumferences, making waist size a better predictor of diabetes than BMI.

A few more specifics: a waist of 34 to 36 inches doubles the risk of diabetes compared to a 32 inch. If your belt is notched at

36 to 38 inches, the risk triples.

And it gets worse. A waist size of 38 to 40 inches means there is five times the risk, while anything over 40 is 12 times the risk. In other words, "love handles" are markers for developing diabetes.

So, back to the Air Force again. As most of you know, we now have the new fitness test. It has four components and we got rid of weight all together. There is a 1.5 mile run for those of you of the "mas macho" persuasion, but still allows a cycle test to count if you're unable to run. There are strength components for you lifters. Finally, for you scientific purists out there, we included waist circumference. And you can be exempted from individual parts depending on your medical condition and still count as having taken the test.

So next time you want to complain, don't "waist" your breath. Remember, there is a little something for everyone in this new commanders' program. But most of all, it is for you and your health.

Just do it – get fit.

## Confessions of a reality TV addict

### Minot Airman learns values for 'everyday race'

By Maj. Dani Johnson  
5th Bomb Wing Public Affairs

MINOT AIR FORCE BASE, N.D. (AFPN) – I have to admit it. It's tough to say out in the open, but I'm one of those – a reality TV addict. I must watch each week, and if I'm out of town, most of the ones I watch are taped so I don't miss a thing.

I'm so bad that on a recent temporary duty, when I realized that I had only taped one of my shows for an hour and it was going to run two hours, I actually talked a friend through reprogramming my VCR so I didn't miss a single minute.

How can an educated, intelligent Air Force officer such as me succumb to such a level?

I usually use the excuse that when I returned from my overseas assignment, I was behind in all the series so I started watching. Actually, while that is somewhat true, honestly, I like the idea of "normal" people achieving a goal and the drama of watching what people do to each other in stressful situations. It's a study in human behavior to me.

Honestly, it's not about who wins the money for me, but how they relate with each other. I have the ones I hate and the ones I root for no matter what. I've also learned some things from watching which can help me be a better leader.

As Airmen, we can learn from TV's latest fad. Each day is a race, a challenge. How we act determines whether we will be around for one more day and stay a part of the best Air Force in the world or take the ultimate fall and be voted off or the last one to arrive because we didn't apply what we knew.

First, perseverance. Whether it's "Amazing Race," "Survivor" or "American Idol," those who succeed are the ones who bounce back the next episode after having a com-

pletely rotten previous episode and barely make it to the next round.

Second, how would I react or should one react in the situation? It could be walking across a suspension bridge in a foreign country, tackling a team puzzle or receiving the harshest criticism possible. I determine what would be the best avenue for me if I was in the situation. This is important because I'm learning to put myself in another person's shoes and think about the pros and cons of the situation.

Lastly, not every day is going to be great, but if you are with your loved ones, teammates or know what you are doing will achieve your final goal or dream, it's worth it. I'm constantly amazed with the support people give each other in extreme situations. I'm also amazed at the lack of support many times. Stressful situations tell you who you can depend on. It reminds you of the importance of creating strong relations with people.

Yes, I'm a reality TV addict, but I can't talk anymore, one of my shows is on.



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The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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### DUI Prevention

April 13 - April 19	0
Total DUIs in April	0
Total in 2005	4

#### Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't  
drink and drive.  
Call 225-RIDE!*

## Action Line

**E-mail: [action.lines@yokota.af.mil](mailto:action.lines@yokota.af.mil)**

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number so you can be reached if more information is needed.

**Col. Mark Schissler**  
374th Airlift Wing Commander



*The 12-strong staff of the 374th Medical Group's laboratory is celebrating National Medical Laboratory Week with recent successes by ...*

## ***Drawing excellence***

By Airman 1st Class Katie Thomas  
Editor

Small children fear them. Physicians rely on them. Nearly 70 percent of a person's medical record is generated by them.

They are the 374th Medical Group's laboratory.

From blood tests to urinalysis to growing bacteria, this team is an integral part of the hospital's mission, performing 48,000 tests per year for the Yokota community.

"Down to the airman 1st class who works here, we play a major role in the health of approximately 11,000 patients at Yokota," said Maj. Marybeth Luna, the laboratory's element chief. The team provides testing, analysis and treatment recommendations for numerous bodily fluids and specimens, along with fresh and frozen blood supplies for surgeries and mass casualty situations.

The laboratory strives for 100 percent accuracy in their tests to ensure that patients get the most accurate information and treatment possible, explained Staff Sgt. Philip Monk, assistant non-commissioned officer-in-charge at the laboratory.

Most visible to patients is the blood drawing that the laboratory performs daily. The staff not only draws blood but tests the samples for various conditions and analytes. They use automated equipment to count blood cell types, check for drug effectiveness for patients on blood-thinning medications, and to stain blood samples so technicians can view and analyze cell structures, said Sergeant Monk.

The team also ensures that patients who receive blood transfusions during surgeries are given a supply that matches

in type and antibodies, said Airman 1st Class Shavonne Simmonds, a medical laboratory technician here.

"This test is very important because if we give a patient a transfusion that doesn't have complementary antibodies there can be fatal reaction within five to 10 minutes," she said.

The laboratory stores a liquid blood supply worth \$28,000, and the team has also secured an agreement with the Japanese Red Cross to provide additional blood in the event of a mass casualty accident, said the team's noncommissioned officer-in-charge Tech. Sgt. Leyla Gillett.

"We have lots of challenges being stationed overseas such as cultural and language barriers that make our job a little different than those at stateside bases," she said.

The laboratory chemically analyzes nearly 20,000 specimens a year including urinalysis, blood and other bodily fluids. These tests include pregnancy tests and the ethanol alcohol test that is used in Driving Under the Influence cases, said Sergeant Monk.

Bacteria are also tested at the laboratory. The team uses dyes, automated equipment, and manual biochemical tests to find the specific strain and antibiotic that treats it, he said.

"We kind of have to be like detectives when we do work in the microbiology section of the lab," said Sergeant Monk.

There is also a Biological Augmentation Team, known better to the laboratory staff as BAT, which uses special equipment to identify biological and chemical threats such as anthrax.

The team also performs these functions in wartime and contingency operations, which relies heavily on technician expertise rather than automated equipment, said Sergeant Monk.



photos by Airman 1st Class Katie Thomas

**Staff Sgt. Anjeanette Blyden, medical laboratory technician, draws a sample of blood from Airman 1st Class Kathy Bishop at the 374th Medical Group's laboratory here Monday. The laboratory tests nearly 48,000 samples annually ranging from blood to urinalysis. Left, Airman 1st Class Shavonne Simmonds, medical laboratory technician, checks blood samples to make sure a patient's blood type and antibodies match prior to surgery. If blood antibodies are not complementary, patients can have a fatal reaction as a result of the transfusion.**

The laboratory recently received accolades for passing the College of American Pathologists re-accreditation inspection with zero discrepancies, said Major Luna. It was the first time in approximately 10 years that the laboratory

had passed the rigorous inspection perfectly, she added.

With a staff boasting four award-winning Airmen, the laboratory works tirelessly day-in and day-out to ensure Yokota receives the best care possible.

# ***AD***



## On base

### Movies

**Today** – *Because of Winn-Dixie*, PG, 7 p.m., *Sahara*, PG-13, 9:30 p.m.

**Saturday** – *Because of Winn-Dixie*, PG, 2 p.m., *Hitch*, PG-13, 7 p.m., *Constantine*, R, 9:30 p.m. (adult-only show)

**Sunday** – *Hitch*, PG-13, 2 p.m., *Sahara*, PG-13, 7 p.m.

**Monday** – *Because of Winn-Dixie*, PG, 7 p.m.

**Tuesday** – *Hitch*, PG-13, 7 p.m.

**Wednesday** – *Sahara*, PG-13, 7 p.m.

**Thursday** – *Constantine*, R, 7 p.m.

All movies and showtimes are subject to change without notice. For more information, call 225-8708.

### Farewell dinner

The 374th Airlift Wing is hosting a farewell dinner for command Chief Master Sgt. Robert Wicks at the Enlisted Club April 30 beginning at 6 p.m. Interested attendees should see their unit's first sergeant.

### Promotion ceremony

The 374th Airlift Wing is holding its monthly promotion ceremony at Hangar 15 on April 29 beginning at 9 a.m. The event will be held in conjunction with the wing's Japanese culture day.

### Free concert

The 26th Annual Far East Honors Music Festival will be held at the Taiyo Recreation Center April 29 beginning at 7 p.m. The concert will feature students from across the Pacific Command. For more information, call 225-7018.

### Education

The University of Maryland-University College is providing financial advisement May 3 and academic advisement May 9 to 13. For more information or to make an appointment with an advisor, call 225-8922.

Air Force Spouse Tuition Assistance applications are available for

Term V at Base Training and Education Services. The applications must be turned in by April 29. For more information, call 225-7337.

### LAN party

The Computer Users Group of Yokota is hosting a LAN party at the Yujo Recreation Center Saturday beginning at 4 p.m. For more information, visit the group's Web site at <http://www.cugy.net>.

### Cub Scouts\*

Cub Scout Pack 49\* is holding its annual spring recruitment ice cream social Thursday at the Family Support Center beginning at 6 p.m. For more information, call 227-4697.

### Scholarships

The Yokota Enlisted Spouses Club\* is accepting applications for its college scholarships. Eligible high school seniors graduating this year may apply. Applications are available at Yokota High School or can be sent via e-mail. The deadline for applications is April 29. For more information, e-mail [debichick@yahoo.com](mailto:debichick@yahoo.com).

### PTO nominations

The Yokota Middle School's Parent-Teacher Organization\* is seeking new officers for this year. Interested members should contact [steven.sanchez@pac.dodea.edu](mailto:steven.sanchez@pac.dodea.edu) by today for more information.

### Homeschool fair

The Yokota Homeschool Association\* is hosting a homeschool curriculum fair May 7 from 9 a.m. to noon at the Family Support Center. The fair will feature information about homeschooling and resources that are available. E-mail [yokotahomeschoolers@hotmail.com](mailto:yokotahomeschoolers@hotmail.com) for more information.

### Fleamarket

The AFN Association\* is hosting a fleamarket at the Taiyo Recreation Center April 30 from 10 a.m. to 4 p.m. Community members can reserve a table for a nominal fee and sell items during the

fleamarket. For more information, e-mail [shortyduap@hotmail.com](mailto:shortyduap@hotmail.com) or [bcvarga@hotmail.com](mailto:bcvarga@hotmail.com).

### Meetings

The Yokota Players\* is holding a general meeting Thursday at 6:30 p.m. at the Officers' Club. Interested community members are invited to attend. For more information, e-mail [yokota\\_players@yahoo.com](mailto:yokota_players@yahoo.com).

The Yokota Korean-American Association\* is holding a general membership meeting Thursday beginning at 6 p.m. in the Yujo Recreation Center. For more information, call 227-9581.

The FilAm Association\* is holding a meeting and potluck at Darling Field Saturday at 3 p.m.

The Asian-American Pacific Islanders Heritage Month Committee\* meets every Tuesday at 11 a.m. at the Yujo Recreation Center. All community members are invited to attend. For more information, call 225-4126.

### Chapel Schedule

#### Traditional (West) Chapel

*Catholic*: Reconciliation, Sundays at 8:45 a.m., 4:45 p.m. and by appointment. Mass, Sundays at 9:15 a.m., 5 p.m.; Mondays through Thursdays, 11:30 a.m.

*Protestant*: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 6:30 p.m.; Korean service, Sundays at 2 p.m.

*Other faiths*: Baha'i, Tuesdays at 7 p.m.

#### Contemporary (East) Chapel

*Protestant*: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

*Other faiths*: Seventh Day Adventist, second and fourth Saturdays of the month at 9 a.m.; Islam, Fridays at noon.

For more information on the chapel schedule, call 225-7009.

### PO disclaimer

An asterisk (\*) denotes a private organization. All POs and PO activities are not endorsed by or affiliated with the U.S. Government, the Department of Defense, or the Department of the Air Force.

## Samurai Warrior



## of the Week Senior Airman Beau Dorning

**Senior Airman Beau Dorning**, 374th Communications Squadron, is this week's Samurai Warrior of the Week for exhibiting the qualities of sympathy toward all people, sincerity and respect for one's word of honor, absolute loyalty to one's superior, and a duty to defend the honor of one's name and guild.

Airman Dorning is a systems control specialist who coordinates circuit and system installations, modifications and repairs for more than 1,000 voice and data circuits transiting the Pacific and Yokota Air Base. He tutors Yokota High School students in two subject and helps coach the school's varsity baseball team. He has trained five Japanese Nationals technicians on more than 100 tasks, greatly reducing response times to carrier outages.

## JAPANESE CULTURE DAY

**Friday  
April 29, 2005  
0900-1630  
Hangar 15**

#### Entertainment

- Japanese Drums
- Kendo, Karate, Judo
- Classical Japanese Dance
- Japanese Songs
- Swordsmanship
- Sumo Wrestling
- Shrine Parade
- Festival Dances
- Japanese Bamboo Flute

#### Demonstrations

- Candy Arrangement
- Swords Display
- Calligraphy Demonstration
- Kimono Competition
- Origami Demonstration
- Copperware Work
- Bonsai Display
- Flower Arrangement
- Japanese Tea Ceremony

**Chiefs vs Eagles  
Sumo Tournament**

# AD

## “Quotes” & Things

*“If Satch and I were pitching on the same team, we’d cinch the pennant by July 4 and go fishing until World Series time.”*

**Dizzy Dean,  
on Satchel Paige**

**Special Olympics:** The 2005 Kanto Plains Special Olympics will be held at Bonk Field May 6 to 8. Volunteers are needed to help set and tear down the event, serve as translators, huggers, greeters, event timers and also input event data. To volunteer or for more information, call 225-8383 or e-mail [maribel.harmon@yokota.af.mil](mailto:maribel.harmon@yokota.af.mil).

**Softball:** The base men’s varsity softball team is holding try-outs April 30 and May 1 from 2 to 5 p.m. at Wilkins Field. For more information, call 225-4082.

The base women’s varsity softball team is holding try-outs April 30 and May 1 from 9 a.m. to noon at Wilkins Field. For more information, call 225-6202.

**Volleyball:** Congratulations to the 374th Contracting Squadron for winning the base intramural volleyball tournament. The 374th Operations Support Squadron placed second, and the 730th Air Mobility Squadron placed third in the tournament.

**Golf:** Intramural golf letters of intent are due by April 25 to the main fitness center. For more information, call 225-6133.

**Outdoor Rec:** The base outdoor recreation center is hosting a free mountain bike ride around the local area Saturday beginning at 7:30 a.m. For more information, call 225-4552.

# AF sports: gymnastics coach honored

## Football’s spring training kicks in, golfers place in Cowboy Classic

SAN ANTONIO (AFPN) – Air Force Academy men’s gymnastics head coach Lou Burkel was named West Region Coach of the Year by the Collegiate Gymnastics Association April 6. He also was awarded the Richard M. Aronson Special Service Awards, which honors individuals who have provided exceptional service to the association.

Burkel, who is retiring in August after 30 years of service to the Air Force Academy and collegiate gymnastics, has held numerous key leadership positions including vice president and president of the National Association of Collegiate Gymnastics Coaches. He is also chairman of the NCAA Gymnastics Committee, where he previously served for eight years as a member and three years as chairman. Burkel

is a member of the USA Gymnastics Board of Directors and is also a member of the USAG Grievance Committee.

In gymnastics competition, the Falcons placed fifth at the USA Gymnastics Collegiate Championships in Ithaca, N.Y., on April 15. Backed by its best vault score in more than two years, the men’s gymnastics team tallied a team score of 195.625, which was bolstered by a 36.150 on the vault, the second-best vault score of the day. Besides their impressive showing on the vault, where every gymnast placed within the top-half of the rankings, Air Force also tied for the fourth-best score on the floor (34.800) and tallied the fifth-best marks on the parallel bars (32.825).

The academy football team has finished up spring drills and

named the co-captains for the coming season. Air Force senior offensive linemen Jon Wilson and Ross Weaver, along with senior nose guard Russ Mitscherling were named team captains April 13 by head coach Fisher DeBerry as the Falcons closed out spring drills with their final practice. The captains were voted on by their teammates, DeBerry said. The Falcons open fall camp Aug. 3.

Air Force golfers finished in 19th place at the Cowboy Classic in Scottsdale, Ariz., April 12. Hurt by a rocky opening round, the team fired a three-round total of 887 on the 7,133-yard, par-70 Talking Stick-North Golf Course. The University of Texas at El Paso won the team title firing an 840, while the University of Utah’s Steve Newren earned medalist honors by finishing with a three-under-par 207. Cadet Tyler Goulding turned in the top performance for the Falcons, shooting a two-under-par 68 in

round three to finish tied for 21st at 214.

In tennis action, the University of New Mexico won all three doubles matches and four singles contests to hand the Falcons a 5-2 defeat April 16 at the academy. The Air Force team is now 16-7 and 0-3 in league play.

The University of New Mexico also roughed up the Falcons on the ball diamond as they swept three games in Mountain West Conference play to put the Falcons at 5-26 on the season and 0-12 in conference play. In the first game, played April 16, the Lobos, bolstered by a three-run second inning, held on to defeat Air Force, 7-4. Then, in the first game of an April 17 double-header, the Lobos banged out 24 hits en route to an 18-7 win. In the second game, the Falcons failed to hold an early 5-0 lead, falling 12-6 to New Mexico.

(Courtesy of Air Force Print News)

## DOD: Vaccinations to meet deployment needs

### High ops tempo calls for troops to be ready to go

**By Donna Miles**  
American Forces Press Service

WASHINGTON (AFPN) – Frequent, short-notice deployments worldwide demand the military step up its emphasis on keeping the force vaccinated for contingencies it may face, said the Defense Department’s deputy director for the Military Vaccine Agency.

The expeditionary nature of the force requires that DOD officials plan ahead to provide servicemembers the best possible protection against disease and illness when they deploy, said Army Col. John Grabenstein.

“Vaccinations have always been about planning ahead,” he said. “We try to anticipate what is going to happen at the other end

of that plane flight to the deployment area.”

As a result, DOD officials are conducting more surveillance about infections and diseases that servicemembers need to be protected against, Federal Drug Administration-approved vaccines to counter them, and Centers for Disease Control guidelines for administering these vaccines.

DOD officials are also making a greater effort to ensure servicemembers’ shot records are up to date. This way, when a short-notice deployment occurs, the affected troops need only those shots specific to their deployment area, not “a big, long laundry list of vaccines,” Colonel Grabenstein said.

This effort includes more screening of reservists and guardsmen, checking their immunizations records each fall when they receive their flu shots to ensure they are current. Reserve-component troops generally require more shots than their active-component counterparts when preparing for deployments, he said.

When entering the military, all

servicemembers receive a basic list of immunizations: meningococcal; tetanus and diphtheria; measles, mumps and rubella; and poliovirus. Other vaccines are frequently prescribed for travel to specific international locations or for certain occupations, Colonel Grabenstein said.

Other vaccines protect against bioweapons such as anthrax and smallpox. DOD officials put the anthrax vaccination program on hold in 2004 pending legal challenges, but supports findings the vaccine is safe and effective.

Mandatory immunizations for servicemembers protect the fighting force and keep it fighting, much as body armor does, Colonel Grabenstein said.

Since the first vaccine, against smallpox, was introduced in the late 1700s, no other medical technology has surpassed immunization in protecting people against diseases, he said. “It’s the biggest success story in all of medicine,” he said.

(Courtesy of Air Force Print News)

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